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# MANUAL DOS JOVENS ESTRESSADOS

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# Manual Dos Jovens Estressados

**Navarco Maia**



## **Manual Dos Jovens Estressados:**

**MANUAL DOS JOVENS ESTRESSADOS** AUGUSTO CURY, Neste livro o autor n o quer ensinar aquilo que nenhum jovem sabe n o quer falar de assuntos tabus como sexo ou drogas mas sim bater um papo sobre o que pensa sobre seus medos seus sonhos A obra apresenta um di logo entre o Dr Cury e o professor iEstresse Ao contar essas hist rias Cury procura n o s ajudar os jovens a enfrentar seus desafios como tamb m mostrar que devem estar preparados para fracassos e vit rias que nem sempre vir o exatamente como se planeja **Manual para jovens estressados, mas muito inteligente** Augusto Cury,2015-08 Na era da Internet das redes sociais dos jogos de videogame da TV a cabo que se misturam com cinema jornais estudos s o tantas informa es e que muito dif cil n o saturar o c rebro Voc acorda cansado impaciente Quer tudo na hora Tem dores de cabe a Detesta ouvir n o Tem dificuldade de concentra o Anda esquecido Sua mente agitada Quando algu m o critica ou algo n o d certo voc fica irritad ssimo Se voc tem alguns desses sintomas voc est estressado E se est estressado bom voc normal Afinal nada mais normal hoje em dia do que ser estressado Mas isso significa tamb m que este livro para voc Nele Augusto Cury vai ajud lo a enfrentar seus desafios como tamb m a estar preparado para fracassos e vit rias que nem sempre vir o exatamente como planejamos *Manual dos jovens estressados* Augusto Cury,2012-12-04 Um dos autores mais publicados no mundo O novo livro de Augusto Cury Manual dos jovens estressados n o um manual comum Ele n o quer ensinar aquilo que nenhum jovem sabe n o quer falar de assuntos tabus como sexo ou drogas mas sim bater um papo franco e aberto com o leitor sobre o que pensa sobre seus medos seus sonhos O que est neste livro um animado di logo entre o Dr Cury e o enlouquecido professor iEstresse o dia a dia do jovem aquelas situa es pelas quais todos n s ou pelo menos algum dos nossos amigos j passaram alguma vez na vida Ao contar essas hist rias Cury procura n o s ajudar os jovens a enfrentar seus desafios como tamb m mostrar que devem estar preparados para fracassos e vit rias que nem sempre vir o exatamente como planejamos *Sonhos e disciplina* Augusto Cury,2021-11-15 Voc teria coragem de subir em um avi o e fazer uma longa viagem sabendo que o piloto quase n o tem experi ncia Relaxaria se soubesse que ele desconhece os instrumentos de navega o Dormiria se ele n o tivesse habilidades para se desviar de rotas turbulentas S o essas as perguntas que Augusto Cury nos faz logo no in cio do livro Em *Sonhos e disciplina* Pilotando a aeronave mental o autor nos mostra a maneira mais eficaz de conduzir a vida e realizar os sonhos sem frustra o ou ansiedade 166 Resenhas - 2015 Navarco Maia,2016-01-23 Este livro foi 58 livro que re ne as resenhas que foram produzidas ao longo de 2015 em rela o s leituras que fiz naquele ano A reuni o tem por objetivo dar dicas a poss veis leitores que tenham interesse em aprofundar seus conhecimentos liter rios ou acompanhar o aprimoramento que um escritor faz a cada ano atrav s de suas refer ncias liter rias *Manual antichefe* Eberson Terra,2024-11-07 Oito em cada dez profissionais que pedem demiss o o fazem por causa do chefe Entenda como uma lideran a ruim pode lhe custar o trabalho pelo qual voc tanto batalhou e saiba como remar a mar Neste livro Eberson Terra LinkedIn Top Voice mostra como as intrincadas e devastadoras din micas de toxicidade no

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